

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
7:30							
8:00							
8:30	Yoga (Satynanda)						
9:00				Yoga (Vinyasa)			
9:30						Yoga (Satynanda)	
10:00	Group Cycling	Body Pump	Axé	Group Cycling	Cross Training		Body Pump
10:30						Yoga (Vinyasa)	
11:00	Aquafitness		Aquafitness	Cross Training	Aquafitness		Group Cycling
11:30						Body Pump	
12:00							
12:30						Ritmos Latinos	
13:00							
13:30							
14:00	Body Pump	Group Cycling	Spin & Fit 30'+30'	Body Pump	Spin & Fit 30'+30'		
14:30							
15:00							
15:30							
16:00							
16:30			Yoga (Satynanda)				
17:00							
17:30	Pilates	Axé	Pilates	Axé	Pilates		Group Cycling
18:00						Aquafitness	
18:30	Body Pump	Spin & Fit 30'+30'	Yoga (Vinyasa)	Body Pump			
19:00				Spin & Fit 30'+30'	Body Pump	Yoga (Satynanda)	
19:30	Group Cycling	Aquafitness	Cross Training	Aquafitness	Cross Training		
20:00							
20:30	Cross Training	Cross Training	Group Cycling	Pilates			
21:00							
21:30							